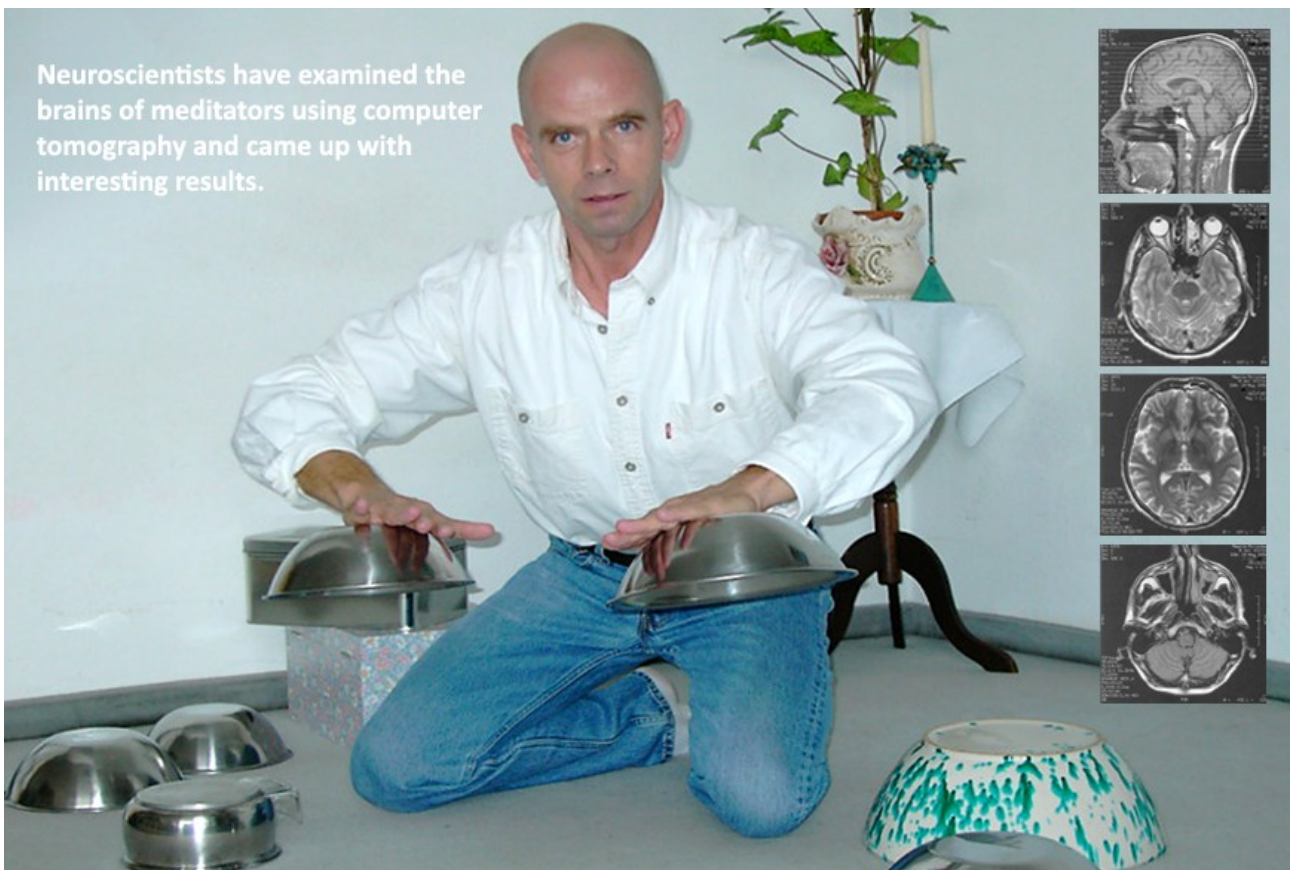


## Meditation - Consciousness – Neuroscience

Meditation is a wonderful thing; it helps us to concentrate better, to overcome pain, eliminates fear, strengthens our immune system, helps us to relieve stress, stabilizes emotions, and allows intense introspection.



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You need some more information about this , go to the Discovery Channel , History Channel, NBC , National Geographic Channel , Fox News Channel , Stan Lee's Superhumans , Quantum Consciousness Research, Wikipedia , CNN News , Ted , ABC New Australia.